

## Entry 24 - Senior



### Video Transcript

People burn calories when working out, outdoor gyms are a common place to do so. However, all of the energy exerted at these public gyms simply goes to waste. Most outdoor gym equipment works on rotation, whether a full rotation of a specific part or only a partial rotation. My solution to creating more renewable energy is attaching a rotational generator to the rotating parts of the gym equipment. Then the average person would be able to create around 80 watts whilst working out. As the average residential road LED street light requires less than 80 watts, this could create self-powered parks. This would increase the sustainability of outdoor gyms and nearby parks, and if enough people work out at them, then the entire park may become self-sufficient. However, as most parks are designed to not use electricity, this electricity could then go towards powering nearby buildings, or simply going back into the grid. Or, as a form of incentive, the excess energy created could be put towards charging technology, such as the users phone. Along with being a form of renewable energy, it is also an incentive to exercise, promoting a healthy lifestyle. These factors, along with it not needing the entire replacement of the gym equipment, make it a simple way to create renewable energy near residential

